

# Meal Plan - 1100 calorie pescetarian meal plan

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Don't forget to generate your plan for next week on <https://www.strongrfastr.com>

## Day 1

1118 cals ● 91g protein (33%) ● 58g fat (47%) ● 39g carbs (14%) ● 18g fiber (7%)

### Breakfast

195 cals, 17g protein, 18g net carbs, 5g fat



**Peach**

1 peach(es)- 66 cals



**Protein shake (milk)**

129 cals

### Dinner

360 cals, 25g protein, 17g net carbs, 18g fat



**Simple Greek cucumber salad**

141 cals



**Peanut tempeh**

2 oz tempeh- 217 cals

### Lunch

400 cals, 12g protein, 3g net carbs, 34g fat



**Walnuts**

1/6 cup(s)- 131 cals



**Smoked salmon stuffed avocado**

1/2 avocado(s)- 271 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

## Day 2

1117 cals ● 99g protein (36%) ● 31g fat (25%) ● 91g carbs (33%) ● 20g fiber (7%)

### Breakfast

195 cals, 17g protein, 18g net carbs, 5g fat



**Peach**

1 peach(es)- 66 cals



**Protein shake (milk)**

129 cals

### Dinner

360 cals, 25g protein, 17g net carbs, 18g fat



**Simple Greek cucumber salad**

141 cals



**Peanut tempeh**

2 oz tempeh- 217 cals

### Lunch

400 cals, 20g protein, 55g net carbs, 7g fat



**Mashed sweet potatoes**

183 cals



**Cajun cod**

3 oz- 94 cals



**Mashed sweet potatoes with butter**

125 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

## Day 3

1115 cals ● 97g protein (35%) ● 38g fat (31%) ● 78g carbs (28%) ● 18g fiber (6%)

### Breakfast

205 cals, 12g protein, 15g net carbs, 10g fat



**Cucumber slices**

1/4 cucumber- 15 cals



**Egg & guac sandwich**

1/2 sandwich(es)- 191 cals

### Dinner

345 cals, 29g protein, 6g net carbs, 21g fat



**Simple roasted cod**

5 1/3 oz- 198 cals



**Buttered green beans**

147 cals

### Lunch

400 cals, 20g protein, 55g net carbs, 7g fat



**Mashed sweet potatoes**

183 cals



**Cajun cod**

3 oz- 94 cals



**Mashed sweet potatoes with butter**

125 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

## Day 4

1098 cals ● 94g protein (34%) ● 53g fat (44%) ● 46g carbs (17%) ● 15g fiber (5%)

### Breakfast

205 cals, 12g protein, 15g net carbs, 10g fat



**Cucumber slices**

1/4 cucumber- 15 cals



**Egg & guac sandwich**

1/2 sandwich(es)- 191 cals

### Dinner

345 cals, 29g protein, 6g net carbs, 21g fat



**Simple roasted cod**

5 1/3 oz- 198 cals



**Buttered green beans**

147 cals

### Lunch

385 cals, 17g protein, 23g net carbs, 22g fat



**Simple Greek cucumber salad**

141 cals



**Strawberry avocado goat cheese panini**

244 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

## Day 5

1082 cals ● 98g protein (36%) ● 31g fat (26%) ● 83g carbs (31%) ● 20g fiber (7%)

### Breakfast

205 cals, 12g protein, 15g net carbs, 10g fat



**Cucumber slices**

1/4 cucumber- 15 cals



**Egg & guac sandwich**

1/2 sandwich(es)- 191 cals

### Dinner

365 cals, 26g protein, 21g net carbs, 16g fat



**Peach**

1 peach(es)- 66 cals



**Simple Greek cucumber salad**

70 cals



**Avocado tuna salad stuffed pepper**

1 half pepper(s)- 228 cals

### Lunch

350 cals, 24g protein, 45g net carbs, 4g fat



**Strawberries**

2 cup(s)- 104 cals



**Protein greek yogurt**

1 container- 139 cals



**Tomato soup**

1/2 can(s)- 105 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

## Day 6

1100 cals ● 97g protein (35%) ● 43g fat (35%) ● 62g carbs (23%) ● 19g fiber (7%)

### Breakfast

225 cals, 14g protein, 13g net carbs, 12g fat



**Basic scrambled eggs**

2 egg(s)- 159 cals



**Peach**

1 peach(es)- 66 cals

### Dinner

300 cals, 15g protein, 23g net carbs, 14g fat



**Milk**

1/2 cup(s)- 75 cals



**Tofu lo-mein**

226 cals

### Lunch

410 cals, 32g protein, 25g net carbs, 15g fat



**Lentils**

116 cals



**Basic tempeh**

4 oz- 295 cals

### Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



**Protein shake**

1 1/2 scoop- 164 cals

Day 7

1100 cals ● 97g protein (35%) ● 43g fat (35%) ● 62g carbs (23%) ● 19g fiber (7%)

Breakfast

225 cals, 14g protein, 13g net carbs, 12g fat



Basic scrambled eggs  
2 egg(s)- 159 cals



Peach  
1 peach(es)- 66 cals

Dinner

300 cals, 15g protein, 23g net carbs, 14g fat



Milk  
1/2 cup(s)- 75 cals



Tofu lo-mein  
226 cals

Lunch

410 cals, 32g protein, 25g net carbs, 15g fat



Lentils  
116 cals



Basic tempeh  
4 oz- 295 cals

Protein Supplement(s)

165 cals, 36g protein, 1g net carbs, 1g fat



Protein shake  
1 1/2 scoop- 164 cals



# Grocery List



## Fruits and Fruit Juices

- ☐ peach  
5 medium (2-2/3" dia) (750g)
- ☐ lemon juice  
3/4 fl oz (22mL)
- ☐ avocados  
1 avocado(s) (201g)
- ☐ strawberries  
7/8 pint (312g)
- ☐ lime juice  
1/2 tsp (3mL)

## Dairy and Egg Products

- ☐ whole milk  
2 cup(s) (480mL)
- ☐ goat cheese  
1 oz (28g)
- ☐ nonfat greek yogurt, plain  
14 tbsp (245g)
- ☐ butter  
3 tbsp (38g)
- ☐ eggs  
7 large (350g)

## Beverages

- ☐ protein powder  
11 1/2 scoop (1/3 cup ea) (357g)
- ☐ water  
12 1/3 cup(s) (2922mL)

## Nut and Seed Products

- ☐ walnuts  
3 tbsp, shelled (19g)

## Finfish and Shellfish Products

- ☐ smoked salmon  
3/4 oz (21g)
- ☐ cod, raw  
16 2/3 oz (472g)
- ☐ canned tuna  
1/2 can (86g)

## Spices and Herbs

- ☐ dried dill weed  
1 3/4 tsp (2g)

## Fats and Oils

- ☐ olive oil  
1 3/4 oz (56mL)
- ☐ oil  
2 1/4 tbsp (34mL)

## Vegetables and Vegetable Products

- ☐ red onion  
1/2 medium (2-1/2" dia) (48g)
- ☐ cucumber  
2 1/2 cucumber (8-1/4") (753g)
- ☐ sweet potatoes  
3 sweetpotato, 5" long (630g)
- ☐ frozen green beans  
2 cup (242g)
- ☐ bell pepper  
1/2 large (82g)
- ☐ onion  
1/8 small (9g)
- ☐ frozen mixed veggies  
1/3 lbs (151g)

## Legumes and Legume Products

- ☐ tempeh  
3/4 lbs (340g)
- ☐ peanut butter  
2 tbsp (32g)
- ☐ soy sauce  
1/2 oz (10mL)
- ☐ lentils, raw  
1/3 cup (64g)
- ☐ extra firm tofu  
1/3 lbs (151g)

## Other

- ☐ nutritional yeast  
1/2 tbsp (2g)
- ☐ guacamole, store-bought  
3 tbsp (46g)
- ☐ protein greek yogurt, flavored  
1 container (150g)

## Baked Products

- ☐ bread  
1/4 lbs (128g)

## Soups, Sauces, and Gravies

- ☐ **red wine vinegar**  
1 3/4 tsp (9mL)
  - ☐ **cajun seasoning**  
2 tsp (5g)
  - ☐ **black pepper**  
2 dash (0g)
  - ☐ **salt**  
1 1/2 g (1g)
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- ☐ **condensed canned tomato soup**  
1/2 can (10.5 oz) (149g)
- ☐ **oriental flavored ramen**  
1/3 package with flavor packet (28g)

## Breakfast 1 [↗](#)

Eat on day 1 and day 2

### Peach

1 peach(es) - 66 cal ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber



For single meal:

#### peach

1 medium (2-2/3" dia) (150g)

For all 2 meals:

#### peach

2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.

## Protein shake (milk)

129 cal ● 16g protein ● 4g fat ● 6g carbs ● 1g fiber



For single meal:

#### whole milk

1/2 cup(s) (120mL)

#### protein powder

1/2 scoop (1/3 cup ea) (16g)

For all 2 meals:

#### whole milk

1 cup(s) (240mL)

#### protein powder

1 scoop (1/3 cup ea) (31g)

1. Mix until well-combined.
2. Serve.

## Breakfast 2 [↗](#)

Eat on day 3, day 4, and day 5

### Cucumber slices

1/4 cucumber - 15 cals ● 1g protein ● 0g fat ● 3g carbs ● 0g fiber



For single meal:

#### cucumber

1/4 cucumber (8-1/4") (75g)

For all 3 meals:

#### cucumber

3/4 cucumber (8-1/4") (226g)

1. Slice cucumber into rounds and serve.

### Egg & guac sandwich

1/2 sandwich(es) - 191 cals ● 11g protein ● 10g fat ● 13g carbs ● 3g fiber



For single meal:

#### eggs

1 large (50g)

#### oil

1/4 tsp (1mL)

#### guacamole, store-bought

1 tbsp (15g)

#### bread

1 slice(s) (32g)

For all 3 meals:

#### eggs

3 large (150g)

#### oil

1/4 tbsp (4mL)

#### guacamole, store-bought

3 tbsp (46g)

#### bread

3 slice(s) (96g)

1. Toast bread, if desired.
2. Heat oil in a small skillet over medium heat and add in eggs. Crack some pepper over the egg and fry until they are cooked to your liking.
3. Create the sandwich by placing eggs on one slice of toast and guacamole spread over the other.
4. Serve.



## Breakfast 3

Eat on day 6 and day 7

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### Basic scrambled eggs

2 egg(s) - 159 cals  13g protein  12g fat  1g carbs  0g fiber



For single meal:

**oil**  
1/2 tsp (3mL)  
**eggs**  
2 large (100g)

For all 2 meals:

**oil**  
1 tsp (5mL)  
**eggs**  
4 large (200g)

1. Beat eggs in medium bowl until blended.
2. Heat oil in large nonstick skillet over medium heat until hot.
3. Pour in egg mixture.
4. As eggs begin to set, scramble them.
5. Repeat (without stirring constantly) until eggs are thickened and no liquid egg remains. Season with salt/pepper.

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### Peach

1 peach(es) - 66 cals  1g protein  0g fat  12g carbs  2g fiber



For single meal:

**peach**  
1 medium (2-2/3" dia) (150g)

For all 2 meals:

**peach**  
2 medium (2-2/3" dia) (300g)

1. The recipe has no instructions.
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## Lunch 1 [↗](#)

Eat on day 1

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### Walnuts

1/6 cup(s) - 131 cals ● 3g protein ● 12g fat ● 1g carbs ● 1g fiber



Makes 1/6 cup(s)

#### walnuts

3 tbsp, shelled (19g)

1. The recipe has no instructions.

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### Smoked salmon stuffed avocado

1/2 avocado(s) - 271 cals ● 10g protein ● 22g fat ● 2g carbs ● 7g fiber



Makes 1/2 avocado(s)

#### smoked salmon

3/4 oz (21g)

#### goat cheese

1/2 oz (14g)

#### lemon juice

1/4 tsp (1mL)

#### avocados, halved, de-seeded, and de-skinned

1/2 avocado(s) (101g)

1. Chop the smoked salmon into pieces.
  2. Add salmon to a bowl with the goat cheese. Mix with a fork until the mixture is uniform.
  3. Stuff the holes of the avocado with the smoked salmon mixture.
  4. Top with a drizzle of lemon juice and add pepper to taste.
  5. Serve immediately.
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## Lunch 2 [↗](#)

Eat on day 2 and day 3

### Mashed sweet potatoes

183 cals ● 3g protein ● 0g fat ● 36g carbs ● 6g fiber



For single meal:

**sweet potatoes**

1 sweetpotato, 5" long (210g)

For all 2 meals:

**sweet potatoes**

2 sweetpotato, 5" long (420g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt and serve.

### Cajun cod

3 oz - 94 cals ● 15g protein ● 3g fat ● 1g carbs ● 0g fiber



For single meal:

**cod, raw**

3 oz (85g)

**cajun seasoning**

1 tsp (2g)

**oil**

1/2 tsp (3mL)

For all 2 meals:

**cod, raw**

6 oz (170g)

**cajun seasoning**

2 tsp (5g)

**oil**

1 tsp (5mL)

1. Season the cod fillet(s) with the Cajun seasoning on all sides.
2. In a non-stick skillet, add the oil and heat the pan.
3. Add cod to the skillet and cook on each side 2-3 minutes until fully cooked and flaky.
4. Let sit a couple minutes and serve.

### Mashed sweet potatoes with butter

125 cals ● 2g protein ● 4g fat ● 18g carbs ● 3g fiber



For single meal:

**sweet potatoes**

1/2 sweetpotato, 5" long (105g)

**butter**

1 tsp (5g)

For all 2 meals:

**sweet potatoes**

1 sweetpotato, 5" long (210g)

**butter**

2 tsp (9g)

1. Pierce sweet potatoes with a fork a couple times to vent and microwave on high for about 5-10 minutes or until the sweet potato is soft throughout. Set aside to lightly cool.
2. Once cool enough to touch, remove the skin from the sweet potato and discard. Transfer the flesh to a small bowl and mash with the back of a fork until smooth. Season with a dash of salt, top with butter, and serve.

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## Lunch 3 [🔗](#)

Eat on day 4

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### Simple Greek cucumber salad

141 cals ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



**nonfat greek yogurt, plain**

4 tbsp (70g)

**lemon juice**

1/4 tbsp (4mL)

**dried dill weed**

4 dash (1g)

**red wine vinegar**

1/2 tsp (3mL)

**olive oil**

1/2 tbsp (8mL)

**red onion, thinly sliced**

1/8 medium (2-1/2" dia) (14g)

**cucumber, sliced into half moons**

1/2 cucumber (8-1/4") (151g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

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### Strawberry avocado goat cheese panini

244 cals ● 8g protein ● 15g fat ● 14g carbs ● 6g fiber



**bread**  
1 slice (32g)  
**goat cheese**  
1/2 oz (14g)  
**butter**  
4 dash (2g)  
**strawberries, hulled and thinly sliced**  
2 medium (1-1/4" dia) (24g)  
**avocados, sliced**  
1/4 avocado(s) (50g)

1. Heat a small skillet or griddle over medium heat, and grease with baking spray.
2. Butter 1 side of each slice of bread.
3. Spread the goat cheese on the non-buttered side of each piece of bread.
4. Lay the strawberries on top of the goat cheese on both pieces of bread.
5. Place the avocado on top of the strawberries on 1 of the pieces of bread, and then place the other piece on top.
6. Carefully place the sandwich into the skillet or griddle, and press down on the top with a spatula.
7. Gently flip the sandwich after about 2 minutes (bottom side should be golden brown), and press down again with the spatula. Cook for another 2 minutes, until golden brown.
8. Serve.

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## Lunch 4 [↗](#)

Eat on day 5

**Strawberries**  
2 cup(s) - 104 cals ● 2g protein ● 1g fat ● 16g carbs ● 6g fiber



Makes 2 cup(s)  
**strawberries**  
2 cup, whole (288g)

1. The recipe has no instructions.

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**Protein greek yogurt**  
1 container - 139 cals ● 20g protein ● 3g fat ● 8g carbs ● 0g fiber





Makes 1 container

**protein greek yogurt, flavored**  
1 container (150g)

1. Enjoy.

## Tomato soup

1/2 can(s) - 105 cals ● 2g protein ● 1g fat ● 21g carbs ● 2g fiber



Makes 1/2 can(s)

**condensed canned tomato soup**  
1/2 can (10.5 oz) (149g)

1. Prepare according to instructions on package.

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## Lunch 5 [↗](#)

Eat on day 6 and day 7

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### Lentils

116 cals ● 8g protein ● 0g fat ● 17g carbs ● 3g fiber



For single meal:

**water**  
2/3 cup(s) (158mL)  
**salt**  
1/3 dash (0g)  
**lentils, raw, rinsed**  
2 2/3 tbsp (32g)

For all 2 meals:

**water**  
1 1/3 cup(s) (316mL)  
**salt**  
2/3 dash (1g)  
**lentils, raw, rinsed**  
1/3 cup (64g)

1. Cooking instructions of lentils can vary. Follow package instructions if possible.
2. Heat lentils, water, and salt in a saucepan over medium heat. Bring to a simmer and cover, cooking for about 20-30 minutes or until lentils are soft. Drain any extra water. Serve.

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### Basic tempeh

4 oz - 295 cals ● 24g protein ● 15g fat ● 8g carbs ● 8g fiber



For single meal:

**tempeh**  
4 oz (113g)  
**oil**  
2 tsp (10mL)

For all 2 meals:

**tempeh**  
1/2 lbs (227g)  
**oil**  
4 tsp (20mL)

1. Slice tempeh into desired shapes, coat with oil, then season with salt, pepper, or your favorite seasoning blend.
2. Either saute in a pan over medium heat for 5-7 minutes or bake in a preheated 375°F (190°C) oven for 20-25 minutes, flipping halfway, until golden brown and crispy.

## Dinner 1 [↗](#)

Eat on day 1 and day 2

### Simple Greek cucumber salad

141 cals ● 9g protein ● 7g fat ● 9g carbs ● 1g fiber



For single meal:

**nonfat greek yogurt, plain**  
4 tbsp (70g)  
**lemon juice**  
1/4 tbsp (4mL)  
**dried dill weed**  
4 dash (1g)  
**red wine vinegar**  
1/2 tsp (3mL)  
**olive oil**  
1/2 tbsp (8mL)  
**red onion, thinly sliced**  
1/8 medium (2-1/2" dia) (14g)  
**cucumber, sliced into half moons**  
1/2 cucumber (8-1/4") (151g)

For all 2 meals:

**nonfat greek yogurt, plain**  
1/2 cup (140g)  
**lemon juice**  
1/2 tbsp (8mL)  
**dried dill weed**  
1 tsp (1g)  
**red wine vinegar**  
1 tsp (5mL)  
**olive oil**  
1 tbsp (15mL)  
**red onion, thinly sliced**  
1/4 medium (2-1/2" dia) (28g)  
**cucumber, sliced into half moons**  
1 cucumber (8-1/4") (301g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

### Peanut tempeh

2 oz tempeh - 217 cals ● 16g protein ● 11g fat ● 7g carbs ● 5g fiber



For single meal:

**tempeh**  
2 oz (57g)  
**peanut butter**  
1 tbsp (16g)  
**lemon juice**  
1/4 tbsp (4mL)  
**soy sauce**  
1/2 tsp (3mL)  
**nutritional yeast**  
1/4 tbsp (1g)

For all 2 meals:

**tempeh**  
4 oz (113g)  
**peanut butter**  
2 tbsp (32g)  
**lemon juice**  
1/2 tbsp (8mL)  
**soy sauce**  
1 tsp (5mL)  
**nutritional yeast**  
1/2 tbsp (2g)

1. Preheat oven to 375 F (190 C). Line a baking sheet with parchment paper or foil and spray with non-stick spray.
2. Cut tempeh into nugget-shaped slices.
3. In a small bowl, mix together the peanut butter, lemon juice, soy sauce, and nutritional yeast. Slowly add in small amounts of water until it has a sauce-like consistency that's not too runny. Add salt/pepper to taste.
4. Dip tempeh into sauce and fully coat it. Place on baking sheet. Make sure you reserve a small amount of the sauce for later.
5. Bake in the oven for about 30 minutes or until peanut butter has formed a crust.
6. Drizzle extra sauce on top and serve.

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## Dinner 2 [↗](#)

Eat on day 3 and day 4

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### Simple roasted cod

5 1/3 oz - 198 cal ● 27g protein ● 10g fat ● 0g carbs ● 0g fiber



For single meal:

**olive oil**  
2 tsp (10mL)  
**cod, raw**  
1/3 lbs (151g)

For all 2 meals:

**olive oil**  
4 tsp (20mL)  
**cod, raw**  
2/3 lbs (302g)

1. Preheat your oven to 400°F (200°C).
2. Drizzle the olive oil over both sides of the cod fillets.
3. Season both sides of the fillets with salt, pepper, and any other preferred seasonings.
4. Place the cod fillets on a lined or greased baking sheet lined and roast the cod in the oven for about 10-12 minutes, or until the fish is opaque and flakes easily with a fork. The exact cooking time may vary depending on the thickness of the fillets. Serve.

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### Buttered green beans

147 cal ● 2g protein ● 11g fat ● 6g carbs ● 3g fiber





For single meal:

**butter**  
1 tbsp (14g)  
**black pepper**  
3/4 dash (0g)  
**salt**  
3/4 dash (0g)  
**frozen green beans**  
1 cup (121g)

For all 2 meals:

**butter**  
2 tbsp (27g)  
**black pepper**  
1 1/2 dash (0g)  
**salt**  
1 1/2 dash (1g)  
**frozen green beans**  
2 cup (242g)

1. Prepare green beans according to instructions on package.
2. Top with butter and season with salt and pepper.

## Dinner 3 [🔗](#)

Eat on day 5

### Peach

1 peach(es) - 66 cals ● 1g protein ● 0g fat ● 12g carbs ● 2g fiber

Makes 1 peach(es)



**peach**  
1 medium (2-2/3" dia) (150g)

1. The recipe has no instructions.

### Simple Greek cucumber salad

70 cals ● 4g protein ● 4g fat ● 5g carbs ● 1g fiber



**nonfat greek yogurt, plain**  
2 tbsp (35g)  
**lemon juice**  
3/8 tsp (2mL)  
**dried dill weed**  
2 dash (0g)  
**red wine vinegar**  
1/4 tsp (1mL)  
**olive oil**  
1/4 tbsp (4mL)  
**red onion, thinly sliced**  
1/8 medium (2-1/2" dia) (7g)  
**cucumber, sliced into half moons**  
1/4 cucumber (8-1/4") (75g)

1. In a small bowl, mix together the yogurt, lemon juice, vinegar, olive oil, dill, and some salt and pepper.
2. Add cucumbers and onions to a large bowl and pour the dressing on top. Toss to coat evenly, add more salt/pepper if needed, and serve.
3. Meal prep note: Store prepped vegetables and dressing separately in the fridge. Combine right before serving.

### Avocado tuna salad stuffed pepper

1 half pepper(s) - 228 cals ● 20g protein ● 12g fat ● 4g carbs ● 5g fiber



Makes 1 half pepper(s)

- avocados**  
1/4 avocado(s) (50g)
- lime juice**  
1/2 tsp (3mL)
- salt**  
1/2 dash (0g)
- black pepper**  
1/2 dash (0g)
- bell pepper**  
1/2 large (82g)
- onion**  
1/8 small (9g)
- canned tuna, drained**  
1/2 can (86g)

1. In a small bowl, mix the drained tuna, avocado, lime juice, minced onion, salt and pepper until well-blended.
2. Take the bell pepper and hollow it out. You can either cut the top off and put the tuna salad in that way. Or cut the pepper in half and stuff each half with the tuna salad.
3. You can eat it like this or put it in the oven at 350 F (180 C) for 15 minutes until heated through.

Dinner 4 [🔗](#)

Eat on day 6 and day 7

Milk

1/2 cup(s) - 75 cals ● 4g protein ● 4g fat ● 6g carbs ● 0g fiber



For single meal:

- whole milk**  
1/2 cup(s) (120mL)

For all 2 meals:

- whole milk**  
1 cup(s) (240mL)

1. The recipe has no instructions.

Tofu lo-mein

226 cals ● 11g protein ● 11g fat ● 17g carbs ● 4g fiber



For single meal:

- extra firm tofu**  
2 2/3 oz (76g)
- soy sauce**  
1/2 tsp (3mL)
- water**  
1/4 cup(s) (59mL)
- olive oil**  
1 tsp (5mL)
- frozen mixed veggies**  
2 2/3 oz (76g)
- oriental flavored ramen**  
1/6 package with flavor packet (14g)

For all 2 meals:

- extra firm tofu**  
1/3 lbs (151g)
- soy sauce**  
1 tsp (5mL)
- water**  
1/2 cup(s) (119mL)
- olive oil**  
2 tsp (10mL)
- frozen mixed veggies**  
1/3 lbs (151g)
- oriental flavored ramen**  
1/3 package with flavor packet (28g)

1. Press tofu between paper towels to remove some of the water; cut into bite-sized cubes. Heat olive oil in large skillet over medium-high heat. Add tofu, and fry until golden brown, about 15 minutes. Stir occasionally to prevent burning.
2. Meanwhile bring water to a boil in a medium saucepan. Add noodles from ramen package, reserving the seasoning envelopes. Boil for about 2 minutes, until the noodles soften. Drain.
3. Add the stir-fry vegetables to the pan with the tofu, and season with the ramen noodle seasoning packet. Cook, stirring occasionally until vegetables are tender, but not mushy. Add noodles, and stir to blend. Season with soy sauce and serve.

## Protein Supplement(s) [↗](#)

Eat every day

### Protein shake

1 1/2 scoop - 164 cal● 36g protein ● 1g fat ● 1g carbs ● 2g fiber



For single meal:

- protein powder**  
1 1/2 scoop (1/3 cup ea) (47g)
- water**  
1 1/2 cup(s) (356mL)

For all 7 meals:

- protein powder**  
10 1/2 scoop (1/3 cup ea) (326g)
- water**  
10 1/2 cup(s) (2489mL)

1. The recipe has no instructions.